

નિતાઈ નામ અનુભવ

Introduction

The phrase "Nitai Nam Anubhava" (निताइ नाम अनुभव) can be understood as follows:

Nitai (निताइ): A shortened name of Nityananda Prabhu that was used frequently by Srimati Saci Mata, the Mother of Sri Chaitanya Mahaprabhu.

Nam (नाम): This means name but specifically referring to the holy name of the Supreme Person.

Anubhava (अनुभव): Means actual tangible experience or realization.

So, "Nitai Nam Anubhava" can be translated to mean "*the realization of the holy name of Nitai,*" or "*the joy experienced in chanting Nitai's name.*"

As a practitioner of bhakti in the line of Sri Sitapati Advaita Acharyadeva (outside of ISKCON and Gaudiya Math), I personally have embraced the teachings of Srila Nityapreshthji Bhaktiratna Sadhu Maharaj and have been engaging in the meditative remembrance and chanting of Lord Nityananda's Name as part of my daily sadhana. Through this practice, I have experienced a deeply intimate connection with the Divine Adi Guru, particularly through the visual and contemplative remembrance of the syllables of His name, "निताइ."

What Srila Nityapreshthji Bhaktiratna Sadhu Maharaj has presented in this meditation process is truly a hidden treasure. It is a distilled essence of bhakti, accessible to all and profoundly nourishing to the heart.

His disciple, Nitai Bhikshu das, has taken up the service of distributing this treasure through his own insights and realizations, making the method more approachable for a wider audience. "*Nitai Nam Anubhava,*" offers further explanation and personal experience with this process, which I feel is an important contribution to the devotional landscape.

— Dhananjaya das, Kolkata

निताइ नाम अनुभव

Nitai Nam Anubhava



नमः ॐ गौराङ्गपादाय नितैप्रेष्ठाय भूतले
श्रीमते भक्तिरत्न साध्विति नामिने ॥

**Namah Om Gaurangapadaya Nitaipreshtaya Bhutale
Shrimate Bhaktiratna Sadhu iti Namine**

एकचक्र नित्यलीला शब्दब्रह्म वितरिणे
श्रवणभक्ति सार लीला स्मरण रस प्रदायिने ॥

**Ekachakra Nityalila Shabda Brahma Vitarine
Shravana Bhakti Sara Lila Smarana Rasa Pradayine**

Translation:

"I offer my respectful obeisances unto Srila
Bhaktiratna Sadhu, who is revered in this world

(bhūtale) as the beloved of Lord Nityananda (Nitaipreshtaya) and who is deeply devoted to the lotus feet of Lord Gauranga (Gaurangapadaya). He is honored with the exalted title 'Shrimate' and known by the name Bhaktiratna Sadhu."

"To he who distributes the eternal pastimes (nityalila) of Ekachakra (Lord Nityananda's eternal abode) as divine sound vibrations (shabda-brahma); who bestows the essence of devotional hearing (shravan-bhakti sara) and the nectar (rasa) of remembering the Lord's pastimes (lila-smarana)."

Sidenote from the author:

His Divine Grace Srila Nitaipreshthji Bhaktiratna Sadhu Swami Gaurangapada is a deeply realized devotee and associate of Lord Gauranga and Lord Nityananda, whose mission is to spread the chanting of the Holy Names of Krishna. Through his teachings and writings, he gifts others the most essential forms of bhakti, namely hearing and remembrance of the Lord's sweet lila.

निताइ नाम अनुभव

Nitai Nam Anubhava



नमः ॐ विष्णुपादाय गौर-प्रेष्ठाय भूतले
श्रीमते भक्तिशास्त्रि परमपद इति नामिने ॥

**Namah Om Vishnupadaya Goura Preshtaya Bhutale
Shrimate Bhaktishastri Parampada iti Namine**

Translation:

"I offer my respectful obeisances unto Srila Bhaktishastri Parampada das Mahashay, who is situated at the feet of Lord Vishnu, is most dear to Lord Gauranga upon this Earth, and is revered by the name Bhaktishastri Parampada."

Sidenote from author:

This pranam mantra is in honor of our grand spiritual master, Srila Bhaktishastri Parampada das Mahashay, identifying Him as both a surrendered servant of the Lord and an empowered representative of Lord Gauranga's mercy.



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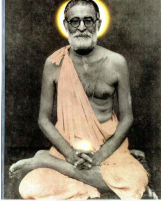
Nitai Nam Anubhava

नमः ॐ विष्णुपादाय कृष्ण-प्रेष्ठाय भू-तले
श्रीमते भक्तिसिद्धान्त-सरस्वतीति नामिने

श्री-वर्षभानवी-देवी-दयिताय कृपाब्धये
कृष्ण-संबन्ध-विज्ञान-दायिने प्रभवे नमः

माधुर्योज्ज्वल-प्रेमाध्य-श्री-रूपानुगा-भक्तदा
श्री-गौर-करुणा-शक्ति-विग्रहाय नमोऽस्तु ते

नमस् ते गौर-वाणि-श्री-मूर्तये दीन-तारिणे
रूपानुगा-विरुद्धापसिद्धान्त-ध्वन्त-हारिणे



**Namah Om Vishnupadaya Krishna Preshtaya Bhutale
Shrimate Bhaktisiddhanta Sarasvati iti Namine**

**Shri Varshabhanavi Devi Dayitaya Kripabdhaye
Krishna Sambandha Vijnana Dayine Prabhava Namah**

**Madhuryojjvala Premadhya Shri Rupanuga Bhaktida
Shri Gaura Karuna Shakti Vighrahaya Namostute**

**Namaste Gaura Vani Shri Murtaye Dina Tarine
Rupanuga Viruddh Apasiddhanta Dhvanta Harine**

Translation:

I offer my respectful obeisances unto His Divine Grace Bhaktisiddhanta Sarasvati, who is very dear to Lord Krishna, having taken shelter at His lotus feet.

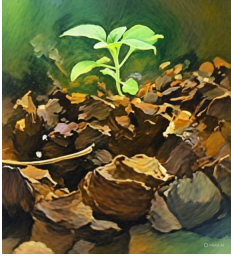
I offer my respectful obeisances to Sri Varshabhanavi-devi-dayita dasa [another name of Srila Bhaktisiddhanta Sarasvati], who is favored by Srimati Radharani and who is the ocean of transcendental mercy and the deliverer of the science of Krishna.

I offer my respectful obeisances unto you, the personified energy of Sri Caitanya's mercy, who deliver devotional service which is enriched with conjugal love of Radha and Krishna, coming exactly in the line of revelation of Srila Rupa Gosvami.

I offer my respectful obeisances unto you, who are the personified teachings of Lord Caitanya. You are the deliverer of the fallen souls. You do not tolerate any statement which is against the teachings of devotional service enunciated by Srila Rupa Gosvami.

Foreward

I was born into a Christian household, where some of the first words I ever heard in prayer were, “Hallowed be Thy Name.” As a child, I didn’t grasp the depth of that line but something about it always lingered. The Holy Name, the holiness in speaking it, was planted like a seed deep in my heart. Later I found out that to worship God is truly to worship His name via the Hare Krishna Movement made popular by Srila A.C. Bhaktivedanta Swami Prabhupada whom I have a great deal of admiration for.



Years later, when I came across the writings of Nitai Bhikshu das, especially the early drafts of “*Nitai Nam Anubhava*,” that seed finally began to blossom truly. I realized that the reverence I was taught for Krishna's Name wasn’t exclusive to one tradition but rather it was a universal truth.

In Nitai Bhikshu das' descriptions of meditating on the syllables of “निताइ,” I noticed that same awe I once felt in church, but now deepened, matured, and expanded.

It all came full circle. “Hallowed be Thy Name” became “*Nitai Nam Anubhava*.” And from that, I understood that the Lord’s Name is not only to be honored, but entered into, remembered, and realized as the living presence of the Divine Himself.

May all the readers of this wonderful work get the blessings of Sri Nitaichand. Jay Radharaman!

— Ekanath das (*Ekachakra das*), Maine

Author testimonial:

I was thinking about how easy it is to do Nitai Vayulekhan and chant Harinam.

In Satya Yuga, people had to perform very strict meditation for a long time in order to make the Lord pleased. In Treta Yuga, fire sacrifice was the way to attract the Lord's mercy. In Dwarpaa Yuga, deity worship was the way.

In this most degraded, yet most merciful age, chanting the Holy Names is the way to please the Lord! All other ages required more concentration, fire, perfect pronunciation of mantras, complete cleanliness and strict avoidance of the 64 Seva Aparadhas.

Now in this age we have to only worship Sri Nam Prabhu (literally). It is also noteworthy in this regard that when a deity is to be installed but not yet present, the Nam Shila of that deity will be present in It's place. Gurudeva Nitaipreshthji has advised us to perform Nitai Vayulekhan along with Harinam so that Lord Nityananda Prabhu Himself is compelled to help us in our endeavor to please GaurKrishna. All that is required is the movement of our fingers and tongue, as well as the listening of our ears, and remembrance with our minds.

We are doing what was done in past Yugas plus more, with less effort! Why not take advantage of this?

Nitai-Nāma-Sākṣātkarāḥ

Personal testimonial from the author

by Nitai Bhikshu das
May 5, 2025

I was thinking about how easy it is to do Nitai Vajulekhan and chant Harinam.

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निताइ नाम अनुभव

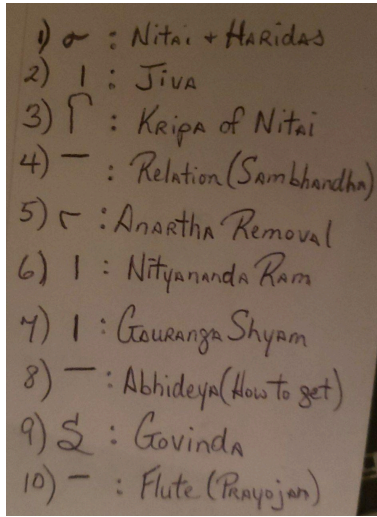
Nitai Nam Anubhava

Original smaran meditation on Nitainam given by Srila Nitaipreshthji Gurudev:

The **first** stroke is a circular one and it represents Nitai and Haridas going door to door to give the Holy Name.

The **second** stroke is when the jiva (you) meets with Nitai and Haridas to accept the Nam Prabhu they are delivering.

The **third** stroke represents Nitai placing His hand on the jiva's head to bless them; and the **fourth** stroke connecting it all together represents the relationship (sambandha) with Lord Nityananda. This is our very first connection. Without Nitai nothing else can occur.



The **fifth** stroke is representing Nitai's plow which prepares us for proper sadhan bhajan.

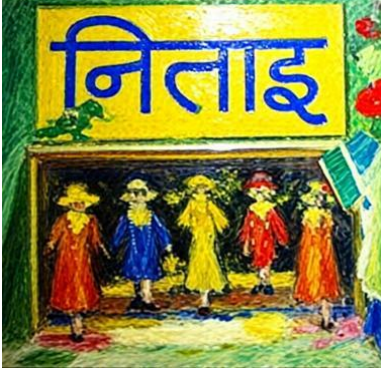
The **sixth** stroke represents Lord Nityananda Ram Himself; the **seventh** is either Sri Nitai's club or Sri Gauranga Mahaprabhu Himself. (Personally I like to meditate on the seventh stroke as Sri Gaura).

The **eighth** stroke connects the 'ta' syllable and represents the means to get (abhideya).

The **ninth** stroke represents Sri Sri Radha Govindadev and the **tenth** is the Divine Flute of Sri Krishna representing the goal (prayojan).

Within this realization is the truth of Gaudiya Vaishnavism in a capsule. **First** worship establish your relationship with Sri **Nityananda** Ram, worship Nitai and **Gauranga**, then you will arrive in ear range of the Divine Flute and the proximity of the lotus feet of **Sri Sri Radha Govindadev**.

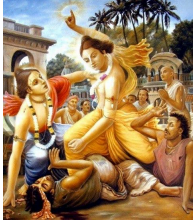
Panca Tattva in Nitainam



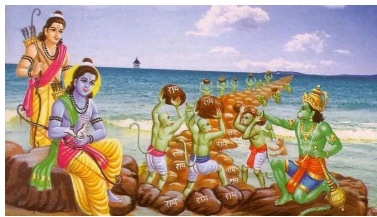

Sri **Gauranga** Mahaprabhu is trapped eternally between Sri **Gadadhara** Pandit Thakurji and Sri **Nityananda** Ram! (This is evident in the form of Nitai Nam Akshar Prabhu).

Lord **Advaita** Acaryadev and Srila **Srivas** Thakur Mahasaya are observing the other three Lords enacting Maha Sankirtan in Srivas Angan. It appears to our western eyes that Nitainam Akshar starts with the "ee" syllable to the far left. We come to learn that this apparent first character is actually the third!

It is so fitting that Lord Advaita Acharyadev stands in this place because He technically appears first but is bringing the first two. And this is Advaita because as soon as He is present it is certain that good fortune will arise in the form of Sri Sri Nitai Gauranga.



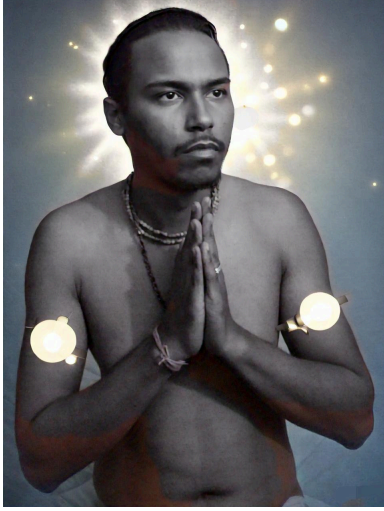
I always thought of this Lila in Nitainam Akshar first syllable when I first practiced Dhyān Smaran. In the first stroke we are reminded that Nitai alone disarmed Sri Gauranga Mahaprabhu and His chakra with words alone.



A decorative golden plaque with Hindi text "हरे कृष्ण हरे कृष्ण कृष्ण हरे हरे राम राम हर हर" (Hare Krishna Hare Krishna Krishna Hare Hare Ram Ram Har Har) surrounded by sparkling diamonds.

inconceivable potency of the Lord's written Name.

About the Author



Nitai Bhikshu das

Disciple of His Divine Grace Srila Nitaipreshthji Bhaktiratna Sadhu Swami Gaurangapada

Nitai Bhikshu das, hailing from New York, USA, has been immersed in the path of Gaudiya Vaishnavism since early childhood. Trained in the same rigorous sadhana (spiritual practice) undertaken by adult practitioners, his devotion has been a lifelong journey of remembrance and service to the Divine Names and Forms of the Lord, especially the merciful incarnation of Lord Nityananda Prabhu.

A dedicated disciple of Srila Nitaipreshthji Bhaktiratna Sadhu Swami Gaurangapada, Nitai Bhikshu das has tirelessly served the mission of his Gurudev by transcribing important works and assisting other Vaishnava authors over the years. He is most noted for his heartfelt English recitation of the Sri Nityananda Caritamrita by Srila Thakur Vrindavan das Mahashay, which has touched the hearts of thousands—surpassing 2,000 views and over 15,000 offline downloads.

His upcoming publication, Nitai Nam Anubhava, is a small yet profound booklet that explores the transformative realizations one can experience by deeply meditating on the Name of Nitai—particularly through dhyan, or focused contemplation on the Lord's pastimes revealed within the sacred syllables of

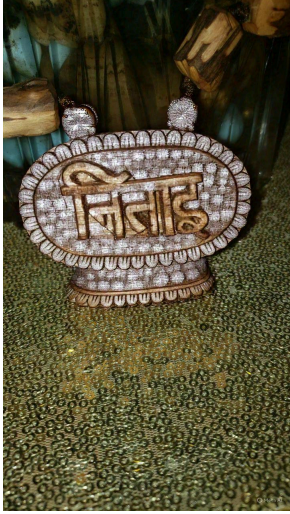
निताइ नाम अनुभव

Nitai Nam Anubhava

"निताइ". The book will be released on May 24th, 2025, the auspicious Appearance Day of Srila Thakur Vrindavan das Mahashay.

The book features an introduction by Dhananjaya das of the Advaita Vamsa and a foreword by Ekanath das of the Radharaman Parivar, reflecting the broad acceptance and appreciation of the teachings of Srila Nitaipreshthji across Gaudiya Vaishnava traditions.

Though externally reserved in recent times, Nitai Bhikshu das is preparing to offer a series of small, content-rich books and audiobooks—all to be distributed freely. In his own words:



“This literature is the saving grace of mankind in a morally ever-collapsing society. In a world where everyone is trying to cheat you and take something from you, it feels good to get a gift. This is not my own originally. My Gurudev gave me this and I was told by Him to give it freely to as many people as possible.”



Known for his humility, respectful dealings, and deep spiritual friendships across the Vaishnava world, Nitai Bhikshu das remains firmly rooted in his Guru's instructions while honoring the broader devotional community. His life and work are testaments to the principle of guru-seva, serving one's spiritual master with heart and soul.

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Nitai Nam Anubhava

